Suicide Prevention

USFK Command Chaplain's Office
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"Every One Matters!"

Introduction

-Suicide is Irreversible …

-You can and should take action …

-Each of us is responsible …

"Every One Matters!"

Quote from a Soldier's Suicide Note

"The Army will help if you know how to help yourself.

That's the problem … I don't know how to help myself?"

"Every One Matters!"

Suicide Prevention is a Command Priority

"I charge each of you to become personally involved in preventing suicide …"

"I expect leaders at every level to ensure that people who need help get it and get if fast."

"The vigilance of unit leaders, chaplains and medical personnel is key to early detection …"

- GEN B. B. Bell, Commander, UNC/CFC/USFK

Potential "Triggers"

Relationship Problems … 75%

Pending or recent UCMJ actions … 50%

Financial Problems … 42%

Drug and / or Alcohol Problems … 34%

The Bottom Line:

Each individual is different! What is a 'water off the back' for one person can be fatal for another.

Understanding Suicide

-Suicide is complex and very difficult to understand …

-Research shows that the great majority of successful suicides give some warning signs … verbal and non-verbal … visible and those not visible …

-The first 'hurdle' to overcome … is the reluctance to get involved.

"Every One Matters!"

Clues and Warning Signs

- Direct Verbal Signs …

- Indirect Verbal Signs …

-Behavioral Signs …

- Situational Signs …

"Every One Matters!"

What Can I Do???

- ***ASK*** **the Question!…**

- ***CONVINCE*** **Them To Get Help …**

- ***REFER*** **Them To A Professional …**

- ***YOU 'R THE KEY*****!…**

"Every One Matters!"

Where Do I Get Help?

- Chaplain / Chaplain Assistant / Family Life Center …

- Medical Clinic / Doctor / PA / Nurse …

- Mental Health Professionals …

- Chain of Command / NCO Support Channels …

- Hot Lines …

HOT LINES

- ***800 – SUICIDE*** ***(National Suicide Hotline)* …***

- ***800 – 273 – TALK (8255)*** ***…***
(National Suicide Prevention Lifeline)*

- ***800 – 464 – 8107*** ***(Army One Source)* …***

- ***Local #'s for Command, Chaplain, Duty Officer, etc***

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Summary

You may be the only person that stands between an individual's decision and / or attempt to end their life … despite our best efforts … sometimes we fail …

Strategies exist for healing and the healthy recovery for surviving unit and family members … Chaplains and Mental Health Pros can provide assistance to individuals and groups.

Remember …

"Every One Matters!"